

INTERNATIONAL INDIAN SCHOOL BURAI DAH

PHYSICAL EDUCATION WORKSHEET (XI)

LESSON -03 AND 04

VERY SHORT ANSWER QUESTION

1. Discuss about samadhi
2. What do you mean by Dharana?
3. What do you mean by Trataka?
4. What are the benefits of Kapalabhati?
5. What do you mean by active lifestyle?
6. Discuss the procedure of sheetli pranayama.
7. Differentiate between disability and disorder.
8. Discuss disability etiquettes in brief.
9. What is the aim of Adaptive Physical Education?
10. What is Adaptive Physical Education?

SHORT ANSWER QUESTION

1. Explain the term pranayama in detail.
2. Explain asanas in detail.
3. Explain the method, precaution and benefits of Jal neti.
4. Discuss the method, precaution and benefits of Dhouti kriya.
5. Discuss the Bhramari Pranayama in detail.
6. Briefly explain any one pranayama.
7. Discuss the techniques of Ujjai Pranayama and Sheetli Pranayama.
8. What are the types of Disability? Explain briefly.
9. Discuss the role of physiotherapist for student with special needs.
10. Elucidate the role of occupational therapist for students with special needs.
11. What is the role of school counsellor for students with special needs. Discuss in brief.
12. Explain the three causes of disability.

LONG ANSWER QUESTION

1. What do you mean by yoga? Explain its importance in daily life.
2. Discuss the elements of astanga yoga.
3. Give detailed notes on any two of the following

a. Trataka kriya

b. Kunjal kriya

c. Nauli kriya

- 4. What do you mean by Ashtanga yoga? Discuss any two constituents of Ashtanga yoga.**
- 5. Discuss various techniques of yoga in managing stress in detail.**
- 6. Discuss the yoganidra as a relaxation technique for stress management.**
- 7. Describe in detail about the role of various professionals for children with special needs.**
- 8. Discuss the objectives of adaptive physical education in detail.**
- 9. Elaborate the concept of disability and disorder in detail.**
- 10. Elucidate the cause of Disability.**
- 11. What do you mean by disability etiquettes? Mention any eight general disability etiquettes.**